



NEWSLETTER

THE BENEFITS OF TRAIL RUNNING!

THE TRAILS ARE CALLING!



Peachy,

Did you know that running trails can make you a stronger runner? Besides the benefits of a softer surface, the uneven terrain works your lower legs and helps develop better balance and coordination over time. Besides, you get a lot more shade on the trails than you do on the road. Trail running can be intimidating if you've never done it before, especially if you don't know where to go or lack a sense of direction. Check out [Ep. 114 - The Big Peach Ride + Run Podcast: Intro To Trail Running](#) and the notes for popular local trails as well as other resources to explore the great trails around the Atlanta area.

When you're ready for trail shoes, you can save 25% when purchased with regular trainers (purchase must be made at the same time). You can also check out our wide selection of trail shoes [online](#). Come on out and enjoy the trails!

Big Peach Running Co. - Cartersville Sale!

Starting August 1st through August 31st save 50% on all models from the previous year. With kids going back to school, this is a great time to save and get some great shoes at great prices.

Big Peach Running Co. - Job Fair!

We're looking to add new team members to all of our locations! If you or someone you know is looking for either full-time or part-time work and are passionate about an active and healthy lifestyle we're the right place for you. We will be having a job fair at our [Decatur location](#) on Thursday, August 4th, 11 am - 5 pm. We'll be taking applications and conducting onsite interviews. Retail experience is not required, just a friendly, positive, and service-oriented attitude just like you experienced on your last visit.

Ep. 131 - The Big Peach Ride + Run Podcast with Dr. Lauren Powell

This week's conversation is with [Dr. Lauren The Culinary Doctor](#), a board-certified family medicine physician and culinary medicine specialist on a mission to end generational health issues in the African-American community. She makes healthy eating accessible and enjoyable for all through her social media quick tips, online cooking school, and debut book, "Food Essentials for the Busy Professional." Listen to the latest episode [here](#).



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PRODUCT SPOTLIGHT

Saucony Tempus Review

The Saucony Tempus is a brand new model now available in our stores and it uses Saucony's "Superfoam" found in their high end performance shoes. The Saucony Tempus is a lightweight daily trainer that provides stability for runners that over pronate. So what did our reviewer who runs in a neutral shoe think? [Read the review](#) to find out.



SOCIAL RUNS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Alpharetta	6:30 pm		6:30 pm		
Brookhaven		6:30 pm		6:30 pm	
Cartersville					
Cumming		6:30 pm			7:30 am
Decatur			6:30 pm		
Kennesaw		6:30 pm			
Marietta		6:30 pm			7:30 am
Midtown		6:30 pm			7:30 am
Suwanee		6:30 pm		6:30 pm	

The [Cumming Tuesday night runs](#) are at Cherry Street Brew Pub on the 1st and last Tuesday of the month. The [2nd & 3rd Tuesday of the month](#) run are from the Cumming store location. The [Cumming Saturday morning runs](#) are at the Bethelview Greenway Trailhead.

Brookhaven Group Ride

Wednesdays, 6:00 pm

Join us every Wednesday night for a group ride around the Brookhaven area. The ride will be led by members of our team and the Brookhaven Bicycle Alliance. The rides are open to all abilities with 13-mile & 20-mile routes. Post-ride, we'll gather at Hob Nob in Town Brookhaven for some post-ride food and drinks. Come on out and meet members of our team and the Brookhaven Bicycle Alliance. With warmer temps and longer days, it's a perfect time to enjoy a ride outside!

EVENTS

How To Hate Running Less

Marietta - Wednesdays, 6:30 pm

We get it. Some folks don't like running. At times, it can feel clunky, jarring, and uncomfortable. That's why we're offering "How to Hate Running Less," a 30-minute FREE class with basic instruction, simple drills, and light running designed to change

the way running feels and, hopefully, make it feel lighter, smoother, and EASIER. It's open to everyone (Walkers, Runners, Kids). Come ready for light drills and running outside in our East Cobb location.



Hoka Demo Run

Marietta - August 2nd, 6:30 pm

Join us for our regular Tuesday night Social Run with our friend from Hoka! We'll have the brand new Hoka Bondi 8 and Mach 5. Whether you want max cushioning or a fast daily trainer, we've got you covered.

Liv Cycling Virtual Seminar

Save The Date - August 24, 7:30 pm

You're invited to this open event featuring Liv Factory Racing team members [Isabella Naughton](#), [Kaysee Armstrong](#), & Caroline Washam! Big Peach Ride + Run has partnered with the Georgia Cycling Association for the 2022 race season to support the "Girls Ride Program" presented by [Liv Bikes](#). This event is perfect for girls currently competing, those aspiring to compete, and parents wanting to learn more about opportunities for girls in mountain biking.



FEATURED RACES

Summer Steamer 10k/5k

August 6th - Kennesaw, GA

This is race #2 in the Locomotive Series. Heat up the race on these blazing fast courses, then cool off with some great summer fun! The post-party will be a block party with music, ice cream trucks, and great summer fun for the whole family!



All finishers receive an awesome train car finisher medal - the 2nd piece in the Train Series Medals! Register [online](#).

Labor Day Donut Dash

September 6th - Alpharetta, GA

Want to dash for donuts? Join our Labor Day Donut Dash at Halcyon! For 2022 we will offer a Munchkin Run 1k (10 & under), 5k, and 10k. Participants can choose a super soft T-shirt or tank (additional charge). Register early to get your custom finisher medal and secure your choice of shirt. Register [online](#).



Dog Days Run

August 6th - Marietta, GA

The "Dog Days" 5K honors the heat and humidity of summer and over the years, the Rotary Club of East Cobb has donated more than \$500,000 from race proceeds to local and international service projects. Register [online](#).



Great Locomotive Chase 5k

September 10th - Kennesaw, GA

The Kennesaw Museum Foundation Great Locomotive Chase 5K, in support of the Southern Museum. This race is part of the [Kennesaw Grand Prix Series](#). Register [online](#).



PACKET PICK-UPS

Button Down Dash 5k

[Suwanee](#) - August 5th, 4 pm - 6 pm

Dog Days 5k

[Marietta](#) - August 5th, 3:30 pm - 7:30 pm

Summer Steamer 10k

[Kennesaw](#) - August 5th, 5 pm - 8 pm

RACE PARTNERSHIPS

- August 6: [Button Down Dash](#)
- August 6: [Bulldog Dash 5k](#)
- August 6: [Dog Days 5k](#)
- August 6: [Summer Steamer 10k/5k](#)
- August 13: [Run With Kenya](#)
- August 13: [Miles To Margaritas](#)
- August 20: [Area 13.1 & Terrestrial 5k/10k](#)
- August 27: [Annandale Village Extra Mile 5k](#)

FOLLOW US:



[Alpharetta](#)
678.739.4616

[Cumming](#)
678.771.82.70

[Marietta](#)
770.579.0444

CONTACT US:



[Brookhaven](#)
404.816.8488

[Decatur](#)
404.377.7370

[Midtown](#)
404.502.9903

SHOP ONLINE:



[Cartersville](#)
470.888.2987

[Kennesaw](#)
678.903.0022

[Suwanee](#)
678.896.5012

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